

Knee osteoarthritis and aquatic cycling

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Propositions belonging to the dissertation entitled

Knee Osteoarthritis and Aquatic Cycling

- Development and evaluation of an exercise programme -

By Stefanie Rewald

11 July 2018

1. Knee osteoarthritis is more than a disease of the joint; it affects the whole person.
2. The liaison of water and cycling matches many needs of patients with knee osteoarthritis. | This dissertation
3. Although aquatic cycling was used for research purposes for almost 40 years, the evidence regarding the application of aquatic cycling in a therapeutic context is still scarce. | This dissertation
4. Aquatic cycling effectively reduces pain and improves function in patients with mild to moderate knee OA. | This dissertation
5. Seated aquatic cycling needs to be combined with other exercises to prevent monotony. | This dissertation
6. Research-practice partnerships should evaluate the effectiveness of aquatic cycling. | Valorisation addendum
7. Whether aquatic exercise is better than land-based exercise depends on the perspective.
8. If we want our patients to exercise, a short advice is not enough. Multiple sessions are needed to guide patients toward an acceptable exercise routine.
9. Creating something new is easy, creating something that lasts is the challenge. | Adam Braun
10. Life is like riding a bicycle. To keep your balance, you must keep moving.
| Albert Einstein